

Keep Children's Screen Time in Check

Dear Parents,

Hello! "Keep Children's Screen Time in Check" is the theme of this issue. Let Sporty Bunny share the information on screen time with you!

Some common examples of screen-based sedentary activities among young children are watching television, using smartphone and playing computer games. Excessive sedentary screen time takes up young children's time for physical activity and sleep, which may in turn lead to obesity, inadequate sleep, affected social skills development, visual symptoms and other health problems.

The Department of Health recommends that young children aged 2 to 6 should have no more than 1 hour of sedentary screen time a day while the less is better. Parents should choose interactive and educative screen activities when young children engage in these activities, such as watching foreign television programmes to learn languages and choosing screen activities that include elements of physical activities.

When young children engage in screen activities, parents should be present to offer guidance or explanation. At the same time, parents should remind young children to maintain proper posture and an appropriate distance from the screen.

Below are tips on reducing sedentary screen time:

- Be a role model for your young children and cut down on screen time.
- Engage your young children in other activities if they ask for screen activities. Try to replace screen time with spending quality time together such as getting down to paired reading, playing with toys and doing parent-child physical activities.
- Let adults keep electronic screen products.
- Do not leave the electronic screen on frequently. This could affect young children's engagement in other activities.
- Do not turn on electronic screens during mealtime. This could affect communication among family members.

OFF



"StartSmart@school.hk"
Campaign website



A Letter to Parents



Parent-child Physical
Games



Play and Dance



StartSmart Parent Guide

Best regards,
Sporty Bunny



Mini Game

Dear children, please circle the activities that can replace screen time!

